

I mentioned previously that I recently have been corresponding with a woman who has been experiencing oppression at the hands the same kind of intruding and menacing voices that I have been dealing with since 2015 . As I mentioned yesterday, this individual is in the first couple months of this situation and I know how horrible, how nightmarish that time can be... I know all too well. She asked me to write a list for her a summarized list of my coping strategies, or the things that I did that helped me in my situation to reach a point where things began to improve.

When I was just a few months into this, like this woman is now, I was in a pretty bad place. One of the most horrible things about that stage potentially, is that things just seem to be getting worse and that you can't see over the horizon yet, you don't see how this situation is going to get better, but it can....it most certainly can. I mentioned yesterday that it took about five or six months until I reached the point where things began to noticeably improve for me. I consider myself very fortunate that I met other individuals early on who had also gone through this same kind of experience and they were kind enough to offer me their support and their insight into what they'd learned about it and the things that had helped them.

As I've mentioned, my own situation with hearing voices had something of an unusual beginning. I started hearing these intruding voices after I had been experimenting with EVP recording for a couple months during the winter of 2015. So in my case, I was hearing and communicating with the voices first through my recordings, and then I started hearing some of these voices outside of the recordings and then I was attacked by them. By April 2015, I was being bombarded continuously ...around the clock by these tormenting voices.

So this is not my summarized list, but I'm just flushing out some thoughts, some ideas to help me write up this list. So I'm going to ramble a bit, and this will probably span over into a few blog post so bear with me.

Yesterday I left off at the very beginning and I basically wanted to stress and say that before I even get into what helped me out, a very important thing is to try to avoid this kind of situation in the first place...if at all possible. I mentioned that I know in some cases people are stricken with this affliction and they haven't done anything, they weren't involved in any kind of activity there brought this about, and it's true that just thinking about that haunts me. But I know through my own experiences, and from numerous other accounts that I've seen and the many other individuals that I've met since 2015, that sometimes these psychic attacks (I'll call them) where individuals are being tormented by voices ...this does begin after being involved in certain kinds of activities. My own situation began after I had been communicating with these voices...these entities... through means of EVP recording. Yet, I have seen many cases involving other forms of spirit communication such as using an Ouija Board...using a Spirit Box..., doing Automatic Writing. I've seen some cases involving certain SpiritBox/EVP apps that downloaded onto your

phone or computer. I've seen cases involving using a Pendulum, or sometimes using deep meditation with the intention to communicate with other worldly beings. So for myself, I've seen all the evidence that I need to see to convince me that these kinds of activities carry with them this risk, this risk of having your life invaded in a most extreme way by hostile spirits or otherworldly beings. This particular type of affliction involves a violation... an intrusion through an individual's perceptions, such as through their perception of hearing.

Recently, I've been reading a book that was written in the early 20th century that talks a lot about similar cases just like this that arose during the Spiritualist era. This was a time in the latter half of the 19th century and early 20th century, where it was very popular, it was a very common thing to seek to communicate with spirits....such as through seances. I'm not an expert on this time by any means, but I figured that there most likely would have been an increase in these kinds of cases from back then. Back in 2015, an individual that I corresponded with recommended that I read a book called *Demonisms of the Ages*. I read it back then and I am re-reading it again now, and I'm glad that I am. Reading it again recently, it's really hitting me a lot more this time just how similar these cases are from a century or more ago with what I am experiencing and what I've seen others experiencing now. It truly does reveal that this phenomenon has been occurring for some time, and I think that the author of this book did a very interesting thing by compiling these accounts in the way that he did.

A large portion of the book is comprised of letters that individuals who are going through this kind of oppression wrote to the author and he made them a part of his book. Back then a common term for this kind of situation was "obsession". The book discusses individuals usually with some kind of psychic ability or extrasensory perception, and often they were involved in some form of spirit communication and began to be tormented by obsessing spirits. These spirits would continuously violate people's personal sovereignty, their privacy, their perceptions, their entire life essentially. So it may be an older term, but "spirit obsession" is definitely still occurring out there in the world in my opinion. Now I know that many terms can apply to the situation, and I use many terms myself, such as oppression, attachment..etc. I try not to get hung up on the terminology too much, because I do believe that many of these terms intersect with each other at some point and they're referring to the same things. For example, sometimes I'll see debates about the source of these intrusions being from demons or aliens. I don't see why the term can't apply to the same thing. If a demon originates from a world other than Earth, either in another dimension or such, then couldn't the term alien technically be applied. I know that when people think of aliens they might be thinking about beings in spaceships and such, but if you strip these terms down to their basic meaning, I do believe that in many cases they can line up and be applied to the same things. So yes, for myself I try not to get hung up on the terminology too much for this reason.

So, I left off yesterday saying that I wanted to just emphasize that dealing with this kind of situation first and foremost goes back to trying to avoid it in the first place. People have been trying to contact and communicate with other worldly beings, spiritual beings... throughout the ages. I believe that methods that involve tuning in or honing your own perceptions, perhaps carry this danger the most, as opposed to methods that are more standoffish or purely

technological, but there is a catch with this. I once saw an article about EVP where the writer said something like"when EVP is used, it's the instrument itself, the voice recorder, that is acting as the medium". I don't necessarily agree with this. While it's true that the technology itself is playing a big role, the individual that is doing the recording and especially doing the listening of the recordings, is also playing a big role. I talked quite a bit yesterday about how for myself, I believe that it was the listening, the intense listening to my recordings, listening deep down into those recordings that altered my hearing perception or opened up this clairsuence.

I believe that this can actually be a dangerous line of thinking, if you're going into a situation, if you're about to start using a Spirit Box, or doing EVP sessions, and you think that you're actually removed from the situation a bit by the fact that you're using technological devices. No, I don't think that this is a good line of thought at all. For one, if one starts communicating and receiving communication, things can become intense very quickly and a person could find themselves crossing a line without even realizing it. By this I mean they could find themselves doing things that they didn't necessarily set out with the intention to do, but things are just happening so quickly and things are becoming so intense that they don't stop and realize it. For myself, while it's true that initially, I wasn't hearing these voices until I used a device (such as a voice recorder or i- phone in my case) to record them, I feel that it was the listening, the intense listening that altered my hearing and set things in motion or at least speed things along, accelerated them, that lead to the obsession situation. No, I don't feel that it's necessarily safer to communicate with otherworldly beings of unknown origin if you're using technological devices. I suppose that there's many factors and variables involved in this of course. But, when you're recording and you're listening or when you're using a Spirit Box and you're listening, if you're honing in your perceptions, your senses... to receive the communication, well then there's something direct going on there... some something psychic even perhaps.

Well, just getting back on track here, I just wanted to reiterate what I said yesterday, before I start discussing things that helped me cope with the situation. I just want to emphasize that one should be very careful, be aware of the risk.... of the dangers involved with this kind of activity before you even get started. That's the primary focus of my blog, to shed light on this particular danger involving intruding voices. So, I'm just repeating the message essentially.

-B. Edwards

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